

Family Education & Support Caregiver Program

Name of the Topic Area: Session One - Orientation

Duration: 60 Minutes

Module learning objectives:

Participants will be able to:

1. Establish learning contract ground rules, e.g. one person speaks at a time, what is said in the group stays in the group, etc.).
3. Identify which individual participants interests will be covered.
4. Discuss effects of caregiving a child with social/emotional/behavioral disturbances behavioral health disorders.
5. Describe overview of Family Education & Support program.
6. Describe basic premise of contributors of behavioral health disorders.

Methodologies:

1. Introductions.
2. Provide brief overview of goals of Family Education & Support.
3. Use poster sized post-it paper to document agreed upon learning contract ground rules.
4. Use post-it notes and poster sized post-it paper to identify individual participant interests.
5. “Effects of Caregiving a Child with Behavioral Health Problems” handout.
6. Caregiver and Youth Program Overview Charts.
7. “What Causes Behavioral Health Disorders?” handout.
8. “How Do Others See You?” handout.
9. “Stress Identification” handout and stress cards.

Facilitator’s Actions:

1. Facilitator leads group in introductions and sentence completion exercise, “One thing about me that you would not be able to tell from looking at me is _____.”
2. Review of logistical and practical issues
 - a. Meeting schedule
 - b. Organization of sessions

3. Expectations of participants.
 - a. Participants are asked to write on 6 x 4" post-it paper what topics they hope will be covered in the program.
 - b. Facilitator collects notes.
 - c. Facilitator reads each sheet aloud and answers whether each topic will be address in the program.
 - d. Facilitator posts notes on white board under columns "Yes," "No," "Follow up":
 - i. "Yes" - A topic will be addressed in session (x).
 - ii. "No" - A topic will not be addressed, e.g. a therapeutic issue.
 - iii. "Follow up" - The facilitator does not know if topic will be addresses and will investigate and follow up with group at a later time.
4. Effect of caregiving a child with a behavioral health disorder.
 - a. Ask participants to take a few minutes to think about or write on paper how they and their families have been impacted by their children's challenges.
 - b. "Effects of Caregiving a Child with Behavioral Health Problems" handout.
 - c. Generate discussion: ask participants to read the items on their lists that they feel comfortable to share identifying issues common to the handout and within the group.
5. Overview of Parent Education & Support session content – use Caregiver and Youth Program overview charts.
6. Causes of behavioral health disorders– briefly review handout on Causes of Behavioral Health Disorders. (This handout will be revisited in more depth during session on disorders.) Many of these disorders are thought to have a biological basis. This biological vulnerability can be made worse by environmental factors, e.g. stress and substance abuse, but symptoms can be improved by medication and by leading a healthy lifestyle (www.SAMHSA.gov).
7. Distribute Opinion Continuum handout. Read items and ask participants to rate their thoughts about others' perceptions of them.
 - a. Discuss: How can we control how others perceive us?
 - Your knowledge of your child's challenges!
 - The way you communicate with others!
 - Your own self - talk!
 - Your stress level!

8. Distribute Stress Identification Table with stress cards and give brief direction to fill out daily until next meeting. Participants can ignore last column for this week.
9. Close session.
 - a. Facilitator leads group in sentence completion exercise, “One thing I learned during today’s group is _____. Before the next meeting, what I will try to do differently is _____”.
 - b. Remind participants they will report to the group what they tried over the week that they learned during today’s group.

Materials:

1. 4 x 6” lined Post-it notes, Chart-sized Post-it notes, Pens, Handouts, stress cards.